



SHORT COURSE CALENDAR 2019

CONTENTS

JOHANNESBURG	2
CAPE TOWN	6
DURBAN	10
PORT ELIZABETH	13
HOME STUDY COURSES	16
ONLINE COURSES	17

Please note: Dates and times are scheduled. All courses will be confirmed before start date.

Short courses require a minimum number of students to run. A course may be postponed due to insufficient numbers.

JOHANNESBURG

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
Gun-Ex®	26 January	January: 26, 27	09:00 – 14:00	Linksfield	-	R1 950
	6 April	April: 6, 7	09:00 – 14:00	Linksfield	-	
	1 June	June: 1, 2	09:00 – 14:00	Linksfield	-	
	21 September	September: 21, 22	09:00 – 14:00	Linksfield	-	
ILS Coach 101 (Level 1)	26 January	January: 26, 27	09:00 – 16:00	Rivonia	12 ICF Hours	R4 500
	21 September	September: 21, 22	09:00 – 16:00	Rivonia	12 ICF Hours	
ILS Coach Qualification (Level 2)	5 February	February: 5, 19 March: 5, 9, 10, 19 April: 2, 16 May: 11, 12	18:00 – 21:00	Rivonia	60 ICF Hours	R24 000 (Level 1 + 2 = R26 000)
	1 October	October: 1, 15, 29 November: 2, 3, 12, 26 December: 3, 7, 8	18:00 – 21:00	Rivonia	60 ICF Hours	
Aqua Instructor	2 February	February: 2, 3, 24 (exam)	09:00 – 14:00	Rivonia (day 1) Wahoo Aquatics Centre (day 2-3)	12 REPSSA CPD	R4 000
	18 May	May: 18,19 June: 9 (exam)	09:00 – 14:00	Rivonia (day 1) Wahoo Aquatics Centre (day 2-3)	12 REPSSA CPD	
	31 August	August: 31 September: 1,22(exam)	09:00 – 14:00	Rivonia (day 1) Wahoo Aquatics Centre (day 2-3)	12 REPSSA CPD	
Studio Cycle Level 1	2 February	February: 2, 3, 24 (exam)	09:00 – 14:00	Rivonia	8 REPSSA CPD	R3 000
	13 April	April: 13,14 May: 4 (exam)	09:00 – 14:00	Rivonia	8 REPSSA CPD	
	8 June	June: 8, 9, 29(exam)	09:00 – 14:00	Rivonia	REPSSA CPD	
	27 July	July: 27, 28 August: 17(exam)	09:00 – 14:00	Rivonia	REPSSA CPD	
Studio Cycle Level 2	30 March	30 March	09:00 – 15:00	Rivonia	-	R2 000 (Level 1 + 2 = R4 500)
	25 May	25 May	09:00 – 15:00	Rivonia	-	
	24 August	24 August	09:00 – 15:00	Rivonia	-	

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
Group Exercise Instructor	2 February	February: 2,3,9,10,16,17 March: 23 (exam)	09:00 – 14:00	Linksfield	CATHSSETA NQF4 15 Credits	R7 000
	4 May	May: 4, 5, 11, 12, 18, 19 June: 29 (exam)	09:00 – 14:00	Linksfield	CATHSSETA NQF4 15 Credits	
	7 September	September: 7,8,14,15,28,29 October: 26	09:00 – 14:00	Linksfield	CATHSSETA NQF4 15 Credits	
Sports Massage	7 February	February: 7, 14, 21, 28 March: 7, 14, 28 April: 4(theory exam), 11(practical exam), 18 (supplementary)	18:00 – 21:00	Rivonia	20 REPSSA CPD	R7 000
	6 June	June: 6,13,20,27 July: 4,11,18, August: 1, (theory exam), 8 (practical exam), 15 (supplementary)	18:00 – 21:00	Rivonia	20 REPSSA CPD	
	5 September	September: 5,12,19,26 October: 3,10,17,31(theory exam) November: 7 (practical exam), 14 (supplementary)	18:00 – 21:00	Rivonia	20 REPSSA CPD	
EMS License Trainer	9 February	February: 9, 10	09:00 – 17:00	Linksfield	12 REPSSA CPD	R3 700 (EMS + Fitness Instructor = R8 700)
	18 May	May: 18, 19	09:00 – 17:00	Linksfield	12 REPSSA CPD	
	31 August	August: 31 September: 1	09:00 – 17:00	Linksfield	12 REPSSA CPD	
Pilates	16 February	February: 16, 17, 23, 24 March: 2, 3, 23 (theory exam), 24 (practical exam)	09:00 – 14:00	Linksfield	20 REPSSA CPD	R7 500
	30 March	March: 30, 31 April: 6, 7, 13, 14 May: 4 (theory exam), 5 (practical exam)	09:00 – 14:00	Linksfield	20 REPSSA CPD	
	1 June	June: 1,2,8,9,22, 23 July: 13 (theory exam), 14 (practical exam)	09:00 – 14:00	Linksfield	20 REPSSA CPD	

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
	28 September	September: 28,29 October: 5,6,12,13 November: 2 (theory exam), 3 (practical exam)	09:00 – 14:00	Linksfeld	20 REPSSA CPD	
Fitness Instructor Workshop	23 February	February: 23	09:00 – 14:00	Rivonia	-	N/A
	22 June	June: 22	09:00 – 14:00	Rivonia	-	
	26 October	October: 26	09:00 – 14:00	Rivonia	-	
Fighting FITT	23 February	February: 23,24	09:00 – 14:00	Linksfeld	8 REPSSA CPD	R2 500
	20 July	July: 20, 21	09:00 – 14:00	Linksfeld	8 REPSSA CPD	
	9 November	November: 9,10	09:00 – 14:00	Linksfeld	8 REPSSA CPD	
CPR	23 February	February: 23	09:00 – 12:00	Rivonia	2 REPS CPD 3 HPCSA CEU	R400
	18 May	May: 18	09:00 – 12:00	Rivonia	2 REPS CPD 3 HPCSA CEU	
	31 August	August: 31	09:00 – 12:00	Rivonia	2 REPS CPD 3 HPCSA CEU	
	30 November	November: 30	09:00 – 12:00	Rivonia	2 REPS CPD 3 HPCSA CEU	
Pre and Post Natal	2 March	March: 2, 9	09:00 – 14:00	Rivonia	6 REPSSA CPD	R3 000
	1 June	June: 1, 8	09:00 – 14:00	Rivonia	6 REPSSA CPD	
	28 September	September: 28 October: 5	09:00 – 14:00	Rivonia	6 REPSSA CPD	
HIIT Series						R7 500
	Series 1:					
HIIT Instructor including HIIT Circuit Instructor	9 March	March: 9, 10, 16, 30 (exam)	09:00 – 14:00	Linksfeld	-	R4 000
Bootcamp	13 April	April: 13, 14 (exam)	09:00 – 14:00	Linksfeld	-	R3 000
Olympic Weight Lifting	11 May	May: 11, 12, 18 (exam)	09:00 – 14:00	Linksfeld	-	R3 000
	Series 2:					
HIIT Instructor including HIIT Circuit Instructor	29 June	June: 29,30 July:6,13(exam)	09:00 – 14:00	Linksfeld	-	R4 000
Bootcamp	3 August	August: 3, 4 (exam)	09:00 – 14:00	Linksfeld	-	R3 000
Olympic Weight Lifting	17 August	August: 17,18,24(exam)	09:00 – 14:00	Linksfeld	-	R3 000

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
	Series 3:					
HIIT Instructor including HIIT Circuit Instructor	7 September	September:7,8,14,21(exam)	09:00 – 14:00	Linksfield	-	R4 000
Bootcamp	19 October	October: 19,20(exam)	09:00 – 14:00	Linksfield	-	R3 000
Olympic Weight Lifting	2 November	November: 2,3,9(exam)	09:00 – 14:00	Linksfield	-	R3 000
Sports Conditioning	16 March	March: 16, 17, 30, 31(exam)	09:00 – 14:00	Linksfield	-	R3 000
	18 May	May: 18, 19, 25, 26(exam)	09:00 – 14:00	Linksfield	-	
	6 July	July: 6,7,13,14(exam)	09:00 – 14:00	Linksfield	-	
Sports Strapping	6 April	April: 6	09:00 – 16:00	Rivonia	3 REPSSA CPD	R2 500
	8 June	June: 8	09:00 – 16:00	Rivonia	3 REPSSA CPD	
	12 October	October: 12	09:00 – 16:00	Rivonia	3 REPSSA CPD	
Yoga Essentials	30 March	March: 30, 31 April: 6, 13	09:00 – 14:00	Rivonia	-	R4 500
	6 July	July: 6,7,13, 20	09:00 – 14:00	Rivonia	-	
	2 November	November: 2,3,9,16	09:00 – 14:00	Rivonia	-	
Kids Development	18 May	May: 18, 19	09:00 – 14:00	Rivonia	8 REPSSA CPD	R3 000
	31 August	August: 31 September: 1	09:00 – 14:00	Rivonia	8 REPSSA CPD	

CAPE TOWN

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
Gun-Ex®	2 February	February: 2, 3	09:00 – 14:00	Cape Town	-	R 1 950
	11 May	May: 11, 12	09:00 – 14:00	Cape Town	-	
	27 July	July: 27, 28	09:00 – 14:00	Cape Town	-	
	28 September	September: 28, 29	09:00 – 14:00	Cape Town	-	
	2 November	November: 2, 3	09:00 – 14:00	Cape Town	-	
Aqua Instructor	2 February	February: 2, 3, 24 (exam)	09:00 – 14:00	Cape Town	12 REPSSA CPD	R4 000
	18 May	May: 18,19 June: 9 (exam)	09:00 – 14:00	Cape Town	12 REPSSA CPD	
	31 August	August: 31 September: 1,22(exam)	09:00 – 14:00	Cape Town	12 REPSSA CPD	
Studio Cycle Level 1	2 February	February: 2, 3, 24 (exam)	09:00 – 14:00	Cape Town	8 REPSSA CPD	R3 000
	13 April	April: 13,14 May: 4 (exam)	09:00 – 14:00	Cape Town	8 REPSSA CPD	
	8 June	June: 8, 9, 29(exam)	09:00 – 14:00	Cape Town	REPSSA CPD	
	27 July	July: 27, 28 August: 17(exam)	09:00 – 14:00	Cape Town	REPSSA CPD	
Studio Cycle Level 2	30 March	30 March	09:00 – 15:00	Cape Town	-	R2 000 (Level 1 + 2 = R4 500)
	25 May	25 May	09:00 – 15:00	Cape Town	-	
	24 August	24 August	09:00 – 15:00	Cape Town	-	
Group Exercise Instructor	2 February	February: 2,3,9,10,16,17 March: 23 (exam)	09:00 – 14:00	Cape Town	CATHSSETA NQF4 15 Credits	R7 000
	4 May	May: 4, 5, 11, 12, 18, 19 June: 29 (exam)	09:00 – 14:00	Cape Town	CATHSSETA NQF4 15 Credits	
	7 September	September: 7,8,14,15,28,29 October: 26	09:00 – 14:00	Cape Town	CATHSSETA NQF4 15 Credits	

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
Sports Massage	7 February	February: 7, 14, 21, 28 March: 7, 14, 28 April: 4(theory exam), 11(practical exam), 18 (supplementary)	18:00 – 21:00	Cape Town	20 REPSSA CPD	R7 000
	6 June	June: 6,13,20,27 July: 4,11,18, August: 1, (theory exam), 8 (practical exam), 15 (supplementary)	18:00 – 21:00	Cape Town	20 REPSSA CPD	
	5 September	September: 5,12,19,26 October: 3,10,17,31(theory exam) November: 7 (practical exam), 14 (supplementary)	18:00 – 21:00	Cape Town	20 REPSSA CPD	
EMS License Trainer	9 February	February: 9, 10	09:00 – 17:00	Cape Town	12 REPSSA CPD	R3 700 (EMS + Fitness Instructor = R8 700)
	18 May	May: 18, 19	09:00 – 17:00	Cape Town	12 REPSSA CPD	
	31 August	August: 31 September: 1	09:00 – 17:00	Cape Town	12 REPSSA CPD	
Pilates	16 February	February: 16, 17, 23, 24 March: 2, 3, 23 (theory exam), 24 (practical exam)	09:00 – 14:00	Cape Town	20 REPSSA CPD	R7 500
	30 March	March: 30, 31 April: 6, 7, 13, 14 May: 4 (theory exam), 5 (practical exam)	09:00 – 14:00	Cape Town	20 REPSSA CPD	
	1 June	June: 1,2,8,9,22, 23 July: 13 (theory exam), 14 (practical exam)	09:00 – 14:00	Cape Town	20 REPSSA CPD	
	28 September	September: 28,29 October: 5,6,12,13 November: 2 (theory exam), 3 (practical exam)	09:00 – 14:00	Cape Town	20 REPSSA CPD	
Fitness Instructor Workshop	23 February	February: 23	09:00 – 14:00	Cape Town	-	N/A
	22 June	June: 22	09:00 – 14:00	Cape Town	-	
	26 October	October: 26	09:00 – 14:00	Cape Town	-	
Fighting FITT	23 February	February: 23,24	09:00 – 14:00	Cape Town	8 REPSSA CPD	R2 500
	20 July	July: 20, 21	09:00 – 14:00	Cape Town	8 REPSSA CPD	
	9 November	November: 9,10	09:00 – 14:00	Cape Town	8 REPSSA CPD	

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
CPR	23 February	February: 23	09:00 – 12:00	Cape Town	2 REPS CPD 3 HPCSA CEU	R400
	18 May	May: 18	09:00 – 12:00	Cape Town	2 REPS CPD 3 HPCSA CEU	
	31 August	August: 31	09:00 – 12:00	Cape Town	2 REPS CPD 3 HPCSA CEU	
	30 November	November: 30	09:00 – 12:00	Cape Town	2 REPS CPD 3 HPCSA CEU	
Pre and Post Natal	2 March	March: 2, 9	09:00 – 14:00	Cape Town	6 REPSSA CPD	R3 000
	1 June	June: 1, 8	09:00 – 14:00	Cape Town	6 REPSSA CPD	
	28 September	September: 28 October: 5	09:00 – 14:00	Cape Town	6 REPSSA CPD	
HIIT Series						R7 500
Series 1:						
HIIT Instructor including HIIT Circuit Instructor	9 March	March: 9, 10, 16, 30 (exam)	09:00 – 14:00	Cape Town	-	R4 000
Bootcamp	13 April	April: 13, 14 (exam)	09:00 – 14:00	Cape Town	-	R3 000
Olympic Weight Lifting	11 May	May: 11, 12, 18 (exam)	09:00 – 14:00	Cape Town	-	R3 000
Series 2:						
HIIT Instructor including HIIT Circuit Instructor	29 June	June: 29,30 July:6,13(exam)	09:00 – 14:00	Cape Town	-	R4 000
Bootcamp	3 August	August: 3, 4 (exam)	09:00 – 14:00	Cape Town	-	R3 000
Olympic Weight Lifting	17 August	August: 17,18,24(exam)	09:00 – 14:00	Cape Town	-	R3 000
Series 3:						
HIIT Instructor including HIIT Circuit Instructor	7 September	September:7,8,14,21(exam)	09:00 – 14:00	Cape Town	-	R4 000
Bootcamp	19 October	October: 19,20(exam)	09:00 – 14:00	Cape Town	-	R3 000
Olympic Weight Lifting	2 November	November: 2,3,9(exam)	09:00 – 14:00	Cape Town	-	R3 000
Sports Conditioning	18 May	May: 18, 19, 25, 26(exam)	09:00 – 14:00	Cape Town	-	
	6 July	July: 6,7,13,14(exam)	09:00 – 14:00	Cape Town	-	
Yoga Essentials	30 March	March: 30, 31 April: 6, 13	09:00 – 14:00	Cape Town	-	R4 500

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
	6 July	July: 6,7,13, 20	09:00 – 14:00	Cape Town	-	
	2 November	November: 2,3,9,16	09:00 – 14:00	Cape Town	-	
Kids Development	18 May	May: 18, 19	09:00 – 14:00	Cape Town	8 REPSSA CPD	R3 000
	31 August	August: 31 September: 1	09:00 – 14:00	Cape Town	8 REPSSA CPD	

DURBAN

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
Aqua Instructor	2 February	February: 2, 3, 24 (exam)	09:00 – 14:00	Durban	12 REPSSA CPD	R4 000
	18 May	May: 18,19 June: 9 (exam)	09:00 – 14:00	Durban	12 REPSSA CPD	
	31 August	August: 31 September: 1,22(exam)	09:00 – 14:00	Durban	12 REPSSA CPD	
Studio Cycle Level 1	2 February	February: 2, 3, 24 (exam)	09:00 – 14:00	Durban	8 REPSSA CPD	R3 000
	13 April	April: 13,14 May: 4 (exam)	09:00 – 14:00	Durban	8 REPSSA CPD	
	8 June	June: 8, 9, 29(exam)	09:00 – 14:00	Durban	REPSSA CPD	
	27 July	July: 27, 28 August: 17(exam)	09:00 – 14:00	Durban	REPSSA CPD	
Studio Cycle Level 2	30 March	30 March	09:00 – 15:00	Durban	-	R2 000 (Level 1 + 2 = R4 500)
	25 May	25 May	09:00 – 15:00	Durban	-	
	24 August	24 August	09:00 – 15:00	Durban	-	
Gun-Ex®	23 February	February: 23, 24	09:00 – 14:00	Durban	-	R1 950
	12 October	October: 12, 13	09:00 – 14:00	Durban	-	
Group Exercise Instructor	2 February	February: 2,3,9,10,16,17 March: 23 (exam)	09:00 – 14:00	Durban	CATHSSETA NQF4 15 Credits	R7 000
	4 May	May: 4, 5, 11, 12, 18, 19 June: 29 (exam)	09:00 – 14:00	Durban	CATHSSETA NQF4 15 Credits	
	7 September	September: 7,8,14,15,28,29 October: 26	09:00 – 14:00	Durban	CATHSSETA NQF4 15 Credits	
Sports Massage	7 February	February: 7, 14, 21, 28 March: 7, 14, 28 April: 4(theory exam), 11(practical exam), 18 (supplementary)	18:00 – 21:00	Durban	20 REPSSA CPD	R7 000

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
	6 June	June: 6,13,20,27 July: 4,11,18, August: 1, (theory exam), 8 (practical exam), 15 (supplementary)	18:00 – 21:00	Durban	20 REPSSA CPD	
	5 September	September: 5,12,19,26 October: 3,10,17,31(theory exam) November: 7 (practical exam), 14 (supplementary)	18:00 – 21:00	Durban	20 REPSSA CPD	
Pilates	16 February	February: 16, 17, 23, 24 March: 2, 3, 23 (theory exam), 24 (practical exam)	09:00 – 14:00	Durban	20 REPSSA CPD	R7 500
	30 March	March: 30, 31 April: 6, 7, 13, 14 May: 4 (theory exam), 5 (practical exam)	09:00 – 14:00	Durban	20 REPSSA CPD	
	1 June	June: 1,2,8,9,22, 23 July: 13 (theory exam), 14 (practical exam)	09:00 – 14:00	Durban	20 REPSSA CPD	
	28 September	September: 28,29 October: 5,6,12,13 November: 2 (theory exam), 3 (practical exam)	09:00 – 14:00	Durban	20 REPSSA CPD	
Fitness Instructor Workshop	23 February	February: 23	09:00 – 14:00	Durban	-	N/A
	22 June	June: 22	09:00 – 14:00	Durban	-	
	26 October	October: 26	09:00 – 14:00	Durban	-	
Fighting FITT	23 February	February: 23,24	09:00 – 14:00	Durban	8 REPSSA CPD	R2 500
	20 July	July: 20, 21	09:00 – 14:00	Durban	8 REPSSA CPD	
	9 November	November: 9,10	09:00 – 14:00	Durban	8 REPSSA CPD	
CPR	23 February	February: 23	09:00 – 12:00	Durban	2 REPS CPD 3 HPCSA CEU	R400
	18 May	May: 18	09:00 – 12:00	Durban	2 REPS CPD 3 HPCSA CEU	
	31 August	August: 31	09:00 – 12:00	Durban	2 REPS CPD 3 HPCSA CEU	
	30 November	November: 30	09:00 – 12:00	Durban	2 REPS CPD 3 HPCSA CEU	

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
Pre and Post Natal	2 March	March: 2, 9	09:00 – 14:00	Durban	6 REPSSA CPD	R3 000
	1 June	June: 1, 8	09:00 – 14:00	Durban	6 REPSSA CPD	
	28 September	September: 28 October: 5	09:00 – 14:00	Durban	6 REPSSA CPD	
HIIT Series						R7 500
Series 1:						
HIIT Instructor including HIIT Circuit Instructor	9 March	March: 9, 10, 16, 30 (exam)	09:00 – 14:00	Durban	-	R4 000
Bootcamp	13 April	April: 13, 14 (exam)	09:00 – 14:00	Durban	-	R3 000
Olympic Weight Lifting	11 May	May: 11, 12, 18 (exam)	09:00 – 14:00	Durban	-	R3 000
Series 2:						
HIIT Instructor including HIIT Circuit Instructor	29 June	June: 29,30 July:6,13(exam)	09:00 – 14:00	Durban	-	R4 000
Bootcamp	3 August	August: 3, 4 (exam)	09:00 – 14:00	Durban	-	R3 000
Olympic Weight Lifting	17 August	August: 17,18,24(exam)	09:00 – 14:00	Durban	-	R3 000
Series 3:						
HIIT Instructor including HIIT Circuit Instructor	7 September	September:7,8,14,21(exam)	09:00 – 14:00	Durban	-	R4 000
Bootcamp	19 October	October: 19,20(exam)	09:00 – 14:00	Durban	-	R3 000
Olympic Weight Lifting	2 November	November: 2,3,9(exam)	09:00 – 14:00	Durban	-	R3 000
Sports Conditioning	18 May	May: 18, 19, 25, 26(exam)	09:00 – 14:00	Durban	-	R3 000
	6 July	July: 6,7,13,14(exam)	09:00 – 14:00	Durban	-	
Yoga Essentials	30 March	March: 30, 31 April: 6, 13	09:00 – 14:00	Durban	-	R4 500
	6 July	July: 6,7,13, 20	09:00 – 14:00	Durban	-	
	2 November	November: 2,3,9,16	09:00 – 14:00	Durban	-	
Kids Development	18 May	May: 18, 19	09:00 – 14:00	Durban	8 REPSSA CPD	R3 000
	31 August	August: 31 September: 1	09:00 – 14:00	Durban	8 REPSSA CPD	

PORT ELIZABETH

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
Aqua Instructor	2 February	February: 2, 3, 24 (exam)	09:00 – 14:00	Port Elizabeth	12 REPSSA CPD	R4 000
	18 May	May: 18,19 June: 9 (exam)	09:00 – 14:00	Port Elizabeth	12 REPSSA CPD	
	31 August	August: 31 September: 1,22(exam)	09:00 – 14:00	Port Elizabeth	12 REPSSA CPD	
Studio Cycle Level 1	2 February	February: 2, 3, 24 (exam)	09:00 – 14:00	Port Elizabeth	8 REPSSA CPD	R3 000
	13 April	April: 13,14 May: 4 (exam)	09:00 – 14:00	Port Elizabeth	8 REPSSA CPD	
	8 June	June: 8, 9, 29(exam)	09:00 – 14:00	Port Elizabeth	REPSSA CPD	
	27 July	July: 27, 28 August: 17(exam)	09:00 – 14:00	Port Elizabeth	REPSSA CPD	
Studio Cycle Level 2	30 March	30 March	09:00 – 15:00	Port Elizabeth	-	R2 000 (Level 1 + 2 = R4 500)
	25 May	25 May	09:00 – 15:00	Port Elizabeth	-	
	24 August	24 August	09:00 – 15:00	Port Elizabeth	-	
Group Exercise Instructor	2 February	February: 2,3,9,10,16,17 March: 23 (exam)	09:00 – 14:00	Port Elizabeth	CATHSSETA NQF4 15 Credits	R7 000
	4 May	May: 4, 5, 11, 12, 18, 19 June: 29 (exam)	09:00 – 14:00	Port Elizabeth	CATHSSETA NQF4 15 Credits	
	7 September	September: 7,8,14,15,28,29 October: 26	09:00 – 14:00	Port Elizabeth	CATHSSETA NQF4 15 Credits	
Sports Massage	7 February	February: 7, 14, 21, 28 March: 7, 14, 28 April: 4(theory exam), 11(practical exam), 18 (supplementary)	18:00 – 21:00	Port Elizabeth	20 REPSSA CPD	R7 000

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
	6 June	June: 6,13,20,27 July: 4,11,18, August: 1, (theory exam), 8 (practical exam), 15 (supplementary)	18:00 – 21:00	Port Elizabeth	20 REPSSA CPD	
	5 September	September: 5,12,19,26 October: 3,10,17,31(theory exam) November: 7 (practical exam), 14 (supplementary)	18:00 – 21:00	Port Elizabeth	20 REPSSA CPD	
Pilates	16 February	February: 16, 17, 23, 24 March: 2, 3, 23 (theory exam), 24 (practical exam)	09:00 – 14:00	Port Elizabeth	20 REPSSA CPD	R7 500
	30 March	March: 30, 31 April: 6, 7, 13, 14 May: 4 (theory exam), 5 (practical exam)	09:00 – 14:00	Port Elizabeth	20 REPSSA CPD	
	1 June	June: 1,2,8,9,22, 23 July: 13 (theory exam), 14 (practical exam)	09:00 – 14:00	Port Elizabeth	20 REPSSA CPD	
	28 September	September: 28,29 October: 5,6,12,13 November: 2 (theory exam), 3 (practical exam)	09:00 – 14:00	Port Elizabeth	20 REPSSA CPD	
Fitness Instructor Workshop	23 February	February: 23	09:00 – 14:00	Port Elizabeth	-	N/A
	22 June	June: 22	09:00 – 14:00	Port Elizabeth	-	
	26 October	October: 26	09:00 – 14:00	Port Elizabeth	-	
Gun-Ex®	2 March	March: 2, 3	09:00 – 14:00	Port Elizabeth	-	R1 950
HIIT Series						R7 500
	Series 1:					
HIIT Instructor including HIIT Circuit Instructor	9 March	March: 9, 10, 16, 30 (exam)	09:00 – 14:00	Port Elizabeth	-	R4 000
Bootcamp	13 April	April: 13, 14 (exam)	09:00 – 14:00	Port Elizabeth	-	R3 000
Olympic Weight Lifting	11 May	May: 11, 12, 18 (exam)	09:00 – 14:00	Port Elizabeth	-	R3 000

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
Series 2:						
HIIT Instructor including HIIT Circuit Instructor	29 June	June: 29,30 July:6,13(exam)	09:00 – 14:00	Port Elizabeth	-	R4 000
Bootcamp	3 August	August: 3, 4 (exam)	09:00 – 14:00	Port Elizabeth	-	R3 000
Olympic Weight Lifting	17 August	August: 17,18,24(exam)	09:00 – 14:00	Port Elizabeth	-	R3 000
Series 3:						
HIIT Instructor including HIIT Circuit Instructor	7 September	September:7,8,14,21(exam)	09:00 – 14:00	Port Elizabeth	-	R4 000
Bootcamp	19 October	October: 19,20(exam)	09:00 – 14:00	Port Elizabeth	-	R3 000
Olympic Weight Lifting	2 November	November: 2,3,9(exam)	09:00 – 14:00	Port Elizabeth	-	R3 000
Sports Conditioning	18 May	May: 18, 19, 25, 26(exam)	09:00 – 14:00	Port Elizabeth	-	R3 000
	6 July	July: 6,7,13,14(exam)	09:00 – 14:00	Port Elizabeth	-	
Yoga Essentials	30 March	March: 30, 31 April: 6, 13	09:00 – 14:00	Port Elizabeth	-	R4 500
	6 July	July: 6,7,13, 20	09:00 – 14:00	Port Elizabeth	-	
	2 November	November: 2,3,9,16	09:00 – 14:00	Port Elizabeth	-	
Kids Development	18 May	May: 18, 19	09:00 – 14:00	Port Elizabeth	8 REPSSA CPD	R3 000
	31 August	August: 31 September: 1	09:00 – 14:00	Port Elizabeth	8 REPSSA CPD	

HOME STUDY COURSES

WITH ONLINE CONTACT

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
ILS Coach 101 (Level 1)	14 May	May: 14, 16, 21, 23	09:00 – 16:00	Online - Platform is Zoom.com	12 ICF Hours	R4 500
ILS Coach Qualification (Level 2)	28 May	May: 28, 30 June: 4, 6, 11, 25 July: 9, 23 August: 6, 20 September: 3, 5, 10, 12	18:00 – 21:00	Online - Platform is Zoom.com	60 ICF Hours	R24 000 (Level 1 + 2 = R26 000)
Applied Sports Psychology	7 February	February: 7, 14, 28 March: 14, 28	tbc	Online - Skype sessions	20 REPSSA CPD	R6 000
	6 June	June: 6,13,27 July: 11,25	tbc	Online - Skype sessions	REPSSA CPD	
	3 October	October: 3, 10, 24 November: 7, 21	tbc	Online - Skype sessions	REPSSA CPD	

ONLINE COURSES

ANYTIME STUDY

Course	CPD Points	Fees
Fitness Instructor	NQF4 38 CREDITS	R5 000
Injury Prevention Specialist	20 REPSSA CPD	R3 000
Posture Specialist	20 REPSSA CPD	R3 000
Introduction to Exercise Science	20 REPSSA CPD	R2 500
Cancer Management	-	R1 800
Latinix	12 REPSSA CPD	R3 000
Essentials of Nutrition	6 REPSSA CPD	R1 900
Sports Nutrition	6 REPSSA CPD	R2 500
Weight Management	20 REPSSA CPD	R3 000
Vegetarian Sports Nutrition	-	R1 900
Nutrition Advisor -Essentials of Nutrition -Sports Nutrition -Weight Management Coach -Vegetarian Sports Nutrition	32 REPSSA CPD 21 Credits	R6 500
HiIT ADVANTAGE	8 REPSSA CPD	R2 000
Functional Training: Introduction and Sport Specific	8 REPSSA CPD	R2 000
Entrepreneurship for Fitness Professionals	8 REPSSA CPD	R2 800
Performaball	-	All levels combined: R6 000 Level 1 to 3: R2 200 Level 4 to 6: R3 500 Individual levels: R1 500
Strength Training for Fat Loss	-	R1 900
Brain Fitness - Mind Power	-	R8 500
Limitless You	10 REPSSA CPD	R6 500
Sport Facility Management	12 Credits	R2 000
Sport Marketing and Event Management	23 Credits	R5 500
Sports Administration	30 Credits	R7 000

Course	Association	CPD Points	Fees
Advanced Training Specialist	Pinnacle	20 REPSSA CPD	R4 000
Foundations of Periodization Training	Pinnacle	5 REPSSA CPD	R950
Human Movement Analysis	Pinnacle	5 REPSSA CPD	R950
Integrative Training	Pinnacle	5 REPSSA CPD	R950
Understanding Common Movement Dysfunctions	Pinnacle	5 REPSSA CPD	R950
Understanding Human Movement	Pinnacle	5 REPSSA CPD	R1 100
Back Stability: Integrating Science and Therapy™	American Academy	20 CEC CREDITS	R3 500
Cancer and The Older Adult™	American Academy	4 CEC CREDITS	R1 500
Developing Agility and Quickness for Sport Performance™	American Academy	5 CEC CREDITS	R2 500
Exercise and Cancer Survivorship™	American Academy	11 CEC CREDITS	R2 500
Fitness Assessment and Exercise Prescription for All Ages™	American Academy	20 CEC CREDITS	R3 500
Jrfit Youth Fitness Programme	American Academy	20 CEC CREDITS	R4 500
Srfit Mature Fitness Programme	American Academy	20 CEC CREDITS	R4 500
Nutrition for Special Dietary Needs™	American Academy	10 CEC CREDITS	R2 500
Strength Training Older Adults™	American Academy	12 CEC CREDITS	R2 500
The Janda System of Evaluation and Treatment of Muscle	American Academy	20 CEC CREDITS	R3 500
Advanced Exercise Science	University of Pretoria	5 HPCSA CPD	R13 200
Introduction to Neuroscience Coaching	University of Pretoria	5 HPCSA CPD	R5 170
Neurosciences: Visual Skills Testing and Training	University of Pretoria	5 HPCSA CPD	R10 500